

The Kentucky Commission on Community Volunteerism and Service

The Cabinet for Health and Family Services



T H E H E R T L I N E

T A K I N G T H E P U L S E
COVERING VOLUNTEERISM AND SERVICE THROUGHOUT THE COMMONWEALTH

This Quarter: Governor's Awards (cover) - Letter from our Chair (Cover) Make A Difference Day (Cover & Pg. 4) - Commissioner Spotlight (Pg. 3) - New National Service Manager (Pg. 3) - Letter from Commissioner Montell (Pg. 3) - Office Move (Pg. 4) - Program Spotlight: SSCC (Pg. 5) - AmeriCorps Grant RFP News (Pg. 5) - Letter from our Director (Pg. 6) - National Volunteer Week (Pg. 6) President's Proclamation (Pg. 6) - Join Hands Day (Pg. 7) - Letter from our New Staff Member (Pg. 7) - Unified State Plan (Pg. 7)

2004 GOVERNOR'S AWARDS

Thank you to all who submitted a nomination for the 2004 Governor's

Awards for Outstanding Volunteer Service. The nominators will be called soon after the judging in February. All nominees will receive a Certificate of Appreciation signed by the Governor. The winners will be asked for photographs for a PowerPoint presentation to be shown the evening of the award ceremony. The awards ceremony will be held in April 2005 as a part of National Volunteer Week. The reception will start at 6 p.m. followed by the award ceremony at 7 p.m. We are extremely pleased to announce that Governor Ernie Fletcher will be presenting the awards! This celebration will be held in the Capitol Rotunda; therefore seating is limited to 100 people. Invitations will be sent out soon and RSVP's must be returned! Further details about this year's ceremony will be posted on our website, <http://volunteerky.ky.gov/>, as they become available!



MAKE A DIFFERENCE DAY

Our main focus on Make A Difference Day for the past few years has been collecting beef stew to distribute in the county collected, with a goal that no Kentuckian go hungry. In fact, this past Make A Difference Day we collected 513,054 ounces of beef stew, which is enough to feed **64,131.75 people!!!** This promotion has served Kentuckians well and we will continue to collect beef stew for Make A Difference Day, but our focus is shifting for this coming year. In cooperation with Governor Ernie Fletcher's *Get Healthy Kentucky!* Initiative, this year we want to Make A Difference in the **health of Kentuckians**. Our plan is to get as many Kentuckians as we can to set a six-month personal health goal to be met by Make A Difference Day 2005 on Saturday, October 22, 2005. On this day we plan to hold 120 simultaneous activities where Kentuckians can report the progress on their health goals as well as obtain more information about becoming a healthier person! This idea is still in its



1st Quarter - January 2005 Edition REVISED

LETTER FROM OUR CHAIR



On Thursday, January 20th I sat at work eating my lunch in our break room. I decided I wanted to watch the inauguration and see what President Bush would say as he started his second term. As I listened to the speech, I kept hearing the words "liberty" and "freedom". All politics

aside, and no matter what side of the aisle you claim as your own, we as Americans have more rights and freedoms than most any society. With the thought of Liberty and Freedom in mind, Kentucky has a special group of citizens who have decided to celebrate freedom by choosing to serve in AmeriCorps. These Kentuckians show by example what a difference a life of service can make in the lives of others. If you aren't familiar with AmeriCorps, visit our website and read about what these folks do on a daily basis to impact the lives of others. If you are familiar with the program and know an AmeriCorps member, call them up and tell them "Thanks" for the service they do. We should never take for granted the Freedom and Liberty we have here in America but neither should we take for granted the wonderful work groups like AmeriCorps perform every day.

Pat

planning stages but we are totally revved up about the endless possibilities and the positive impact this could have on Kentuckians. There are still many details to be finalized, but look for updates on our website: <http://volunteerky.ky.gov/>



(Above Right) At Eubank Elementary School in Pulaski County, two students, Tiffany and Gage, were crowned King and Queen of Beef Stew for bringing in the most cans for the drive! Also pictured are AmeriCorps SSCC member, Kevin Hall, and KY-READS member, Jamie McQueen, who joined together for the Beef Stew Drive.

(Continued on Page 4)

"GETTING THINGS DONE IN KENTUCKY"

Corporation for NATIONAL & COMMUNITY SERVICE



AMERICA'S PROMISE
THE ALLIANCE FOR YOUTH™



Throughout the newsletter are small bits for your enjoyment.
Keep an eye out for them.



The happy dancing man is always accompanied
by a "funny." Lighten your mood a little with a
short joke.



This thinking man is followed by wise witty words
from many sources. Allow him to engage your
mind.



This is accompanied by a brain teaser. Go
ahead, see if you can catch the solution.



This icon indicates that interesting statistics
follow. It also begs the question: are all things
number? From the philosophy of Pythagoras
who said, "all things are number."

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WHO WE ARE

KCCVS COMMISSIONERS

(In Alphabetical Order)

Douglas Adams	Brandi Moore List
Philip Anderson	Lee Nimocks
Miguel Carlin	Kitty Pilger
W. C. Corbin	Emily Shelton
Phyllis Culp	Anna G. Smith
Cindy Ferrell	Wendy Stivers Ph.D.
Secretary Virginia Fox	Jana Sturm
Victoria Golden	Alan Taylor
Marty Hammons	
F. Patrick Hargadon, Chair	Ex-Officio Members:
James W. Holsinger, Jr. M.D.	Betsy Wells
Kenneth Knipper	
Mark Leonard	

KCCVS STAFF

(In Alphabetical Order)

Eileen Cackowski – Director
Shannon DeLong – Administrative Specialist
Melissa Newton – National Service Manager
Andrea Sieloff, RSM – Program Officer
Marzelle WurtSmith – Financial Officer

KCCVS MISSION

To promote all Kentuckians working together to meet
actual community needs in a way that fosters personal,
family and community pride and an enduring ethic of
service.

DID YOU KNOW?

- ◆ The only food cockroaches will not eat is cucumbers
- ◆ A duck's quack does not echo and no one knows why this is true
- ◆ Toads do not have teeth, but frogs do
- ◆ The elephant is the only animal with 4 knees
- ◆ A cat has 32 muscles in each ear
- ◆ Butterflies taste with their feet
- ◆ The catfish has over 27,000 taste buds – the most of any animal!
- ◆ An ostrich's eye is bigger than its brain

Useless animal facts provided by
www.professorcornbread.com/humor/jokes/animalfacts.php

COMMISSIONER SPOTLIGHT



Lee Nimocks currently serves as Vice Chair of the Kentucky Commission on Community Volunteerism & Service, and has been a commissioner since 2001. "It's been my real pleasure to serve on the Commission. We have an outstanding staff, enthusiastic AmeriCorps members, an excellent mission, and a strong track record of helping the people of Kentucky. These programs are

making a huge difference, not only in the lives of the people who have been served, but in the lives of our AmeriCorps members."

Nimocks got her first real taste of community service after college when she took a job with Habitat for Humanity in Memphis, Tennessee. "This was a life-changing experience for me," said Nimocks. "While this was pre-AmeriCorps, I did have the opportunity to work with a group of young people from around the country building houses for low income families. It opened my eyes to the basic needs that existed in those Memphis neighborhoods, and to the personal rewards that comes from this type of work."

Nimocks currently serves as Assistant Vice President at the Kentucky Council on Postsecondary Education. Prior to that, she worked at the Association of Independent Kentucky Colleges and Universities. She began her higher education career at Sue Bennett College in London, Kentucky where she taught English, speech, and journalism.

NEW NATIONAL SERVICE MANAGER

We are pleased to announce another new staff member to KCCVS! We have been searching for a well-qualified and experienced applicant for our new National Service Manager position. After only one round of interviews we found the perfect candidate, Melissa Newton, and she accepted the position. We are pleased to have Melissa join our team! Turn to page 5 to read a note from the newest member of the KCCVS team!



Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.

- Erma Bombeck



Miss Jones had just given her second-grade students a science lesson. She had explained about magnets, and showed how they would pick up nails and other bits of iron. Now it was question time. Miss Jones said, "My name begins with the letter 'M' and I pick up things. What am I?" A little boy in the front row proudly said, "You're a mother!"

<http://funnycleanjokes.com>

LETTER FROM COMMISSIONER MONTELL

Dear KCCVS and AmeriCorps Supporters:



Last May, I was honored to be named Commissioner of a newly created Department within the Cabinet for Health and Family Services called the Department for Human Support Services.

This Department is comprised of five divisions: Aging; Women's Physical and Mental Health; Child Abuse and Domestic Violence; Family Resource and Youth Service Centers; and the Kentucky Commission on Community Volunteerism and Service.

Each of these divisions perform an important role in either serving or protecting those in need and/or vulnerable. My background in health services and aging has served me well but I am also learning all the time. The scope of our work is broad and beneficial affecting some of the most vulnerable citizens throughout our Commonwealth.

From finding clothes for children who have very little to locating decent housing; helping a grandparent be their grandchild's guardian to protecting the rights of the elderly; assuring assistance to women and children victims of abuse to enhancing needed volunteer services in Kentucky communities, the work of this department is essential.

Of all my divisions, I was probably least familiar with the Kentucky Commission on Community Volunteerism & Service and AmeriCorps when I began this job. Thanks to Eileen Cackowski, her staff, and our outstanding Commission members that quickly changed. Now I am not only one of their greatest fans but also one of their loudest cheerleaders.

Our department strives to make a difference in the lives of Kentuckians every day, but we cannot help people without the support of friends and advocates like you. We are grateful to you, and I look forward to working with you in the days ahead.

Sincerely,

Marla Montell

MAKE A DIFFERENCE DAY (CONTINUED)

(Continued from cover)



(Top and Bottom)

Also in Pulaski County, the Woodstock Elementary School's Make A Difference Day activities included a guest reader for each class! Readers included local/state celebrities such as a Miss Kentucky, a firefighter, a Circuit Court Judge candidate, a Baptist minister, an Air Force Sergeant and 3 of his recruits, as well as a classmate's mother. The guest readers were given Certificates of Ap-



preciation for their help. An honorary Certificate of Appreciation was given by the principal to the school's janitor to acknowledge his roll in making their school cleaner and safer for everyone. They reported collecting 108 cans of beef stew for a total of 2,528 ounces! Thanks to AmeriCorps SSCC member Della Clark for submitting pictures and results!



DID YOU KNOW?



For the program year 2003 to 2004, **82%** of Kentucky's AmeriCorps members received their full educational award.

BRAIN TEASER: THE CAT'S MEOW

Using the letters C-A-T, in that order, what is a synonym for the following?

1. Baseball position
2. Copy
3. What you get with a doctor's prescription
4. Underground cemetery
5. Time off from school or work
6. Ten-event contest
7. Disaster
8. Mimic
9. Cows
10. Teacher



(Answer on Page 5)

IMPORTANT NEWS: OFFICE MOVE

The cabinet reorganization, which produced our new Department for Human Support Services (DHSS), did not include any physical office reorganization. Therefore, all DHSS divisions were located in various parts of the building, with no departmental unification at all. In an effort to unify all departments and their commissioners, a cabinet-wide office move was proposed late last year, and coordinators have been working feverishly ever since. Our offices will still be located on the 3rd floor of the building, but in the front center (as opposed to the west backside of the building). Our new mail stop is **3W-F**.



(Above) Students, parents, and staff of Salyersville Grade School collected 632 cans of beef stew through a combined effort of the local Family Resource Center and AmeriCorps PROMISECorps members. The beef stew provided was donated to needy families in Magoffin County.



(Left and Below) AmeriCorps SSCC member, Amy Combs, reported on the beef stew collection and other Make A Difference Day activities in Clay County. Their list of guest readers included a school board member, a classmate's father, a local college student,

a reading tutor, and an attorney. Thanks to all those who submitted pictures of their various Make A Difference Day activities.



STUDENT SERVICE CONSORTIUM CENTER

Submitted by Nancy Thames, Program Director
AMERICORPS SSCC MEMBER RECRUITS
GRANDPARENT VOLUNTEERS



Curling up in a grandparent's lap and reading a story book together can create wonderful memories for a child and increase their reading ability - even if the grandparent belongs to someone else.

The Best Grandparents in the World Club meets every Tuesday morning at Mayfield Elementary School in Richmond, KY, to spend time reading to individual and small groups of stu-



(Left)
Nancy and
her SSCC
members at
the 2004
AmeriCorps
Launch

dents. The Grandparents Club is made up of the grandparents of students attending Mayfield Elementary.

Student Service Consortium Center (SSCC) AmeriCorps member, Sandy Spaulding, created the Grandparents Club this Fall as a way to recruit volunteers to serve as reading tutors at Mayfield where she is serving. Noting that the teachers are overworked with no time for one-on-one time with students, the Grandparent's Club meets a real need in this school where half of the students read below grade level. Sandy is very pleased with the enthusiastic response of the grandparent volunteers.

Other SSCC members, across central and southeastern Kentucky, are also recruiting volunteers and involving them in a wide variety of service activities, like the Grandparents Club, in SSCC schools. The SSCC trains members to implement three major service events in coordination with their schools and emphasizes recruiting volunteers to work closely with the members in the implementation of the service activities.

The SSCC is a collaborative partnership of school districts and Eastern Kentucky University which provides 21 AmeriCorps members to partnering school districts. The 21 SSCC members tutor at-risk reading students in measurable reading programs and implement literacy service projects including Make a Difference Day, Dr. Seuss's Birthday and Earth Day--recruiting volunteers from a broad cross section of their communities.

For more information about SSCC, visit our website <http://volunteerky.ky.gov/> or contact Nancy Thames: Phone: (606) 622-6543 or (859) 622-6556 E-mail: Nancy.Thames@eku.edu

AMERICORPS GRANT RFP NEWS

Submitted by Andrea Sieloff, RSM

January 10, 2005...Transportation Cabinet, Room C410.....it is 10 a.m. All that was heard in the room was the rustling of pages and the scratching of pen on paper...

That was the atmosphere of the room where seven volunteers spent 7 hours reading and the scoring six accepted applications of the eight received in response to the Request for Proposals for an AmeriCorps grant.

Of the six applications read, the Peer Review Panel recommended to the Executive Committee of the Kentucky Commission on Community Volunteerism and Service to submit 4 of the applications with specified revisions forward for a competitive review by the Corporation for Community and National Service.

The panel also requested to review the four revised applications before submission to make sure that we are sending the "best of the best" forward from Kentucky.

Results of the national competition should be known in early June. Once we have those results, we will invite our Formula Programs (programs funded with AmeriCorps members awarded based on state population) to submit their applications for continued funding.

SPECIAL ANNOUNCEMENT

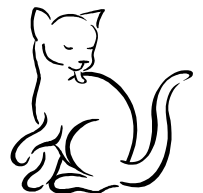
The value of a volunteer's time is \$17.19, according to the Independent Sector. This past year **Kentucky's AmeriCorps members** have recruited 6,858 volunteers who have served 27,410 hours, which is valued at **\$471,177.90!** For more information about the estimated dollar value of volunteer's time or to learn about the Independent Sector go to <http://www.independentsector.org/>.



Answer to Brain Teaser:

The Cats Meow
(from Page 4)

- | | |
|---------------|----------------|
| 1. catcher | 6. decathlon |
| 2. duplicate | 7. catastrophe |
| 3. medication | 8. copycat |
| 4. catacomb | 9. cattle |
| 5. vacation | 10. educator |



<http://school.discovery.com/brainboosters/>

LETTER FROM OUR DIRECTOR

It's that time of year again. Volunteer recognition month (April); volunteer recognition week (April 17 – 23) and volunteer recognition day in your specific agency. I wonder when folks tell me they don't know how to honor volunteers or that volunteers really do not want to be honored. All you really have to do is think about what you would like from your own volunteer opportunity. It doesn't have to be a plaque ... perhaps, a personally signed letter saying thank you is what you would like. Perhaps hearing once again exactly how you fit in the overall organization. I remember an organization who had a cadre of senior citizens come in 4 times a year to stuff envelopes. On volunteer recognition day they received a letter telling them how much the organization raised because of their dedicated efforts. None could have given the amount the group was able to help raise through their careful envelope stuffing. That's recognition! Maybe the paid staff could bring in a pot luck lunch for the volunteer staff. Sitting down together, the fellowship is recognition of the importance of volunteer hours. You don't have to be fancy. There is not a lot of discretionary money floating around. But when someone is kind enough to share hours in his or her life with you, they deserve to be thanked. If you come up with a new idea on volunteer recognition, send it to us to include in our newsletter. We also love to receive pictures of your volunteer activities. Don't forget that you can request certificates or citations, signed by the Governor from us. Details about volunteer recognition and request instructions are on our website .

Eileen

NATIONAL VOLUNTEER WEEK

Millions of volunteers step forward to make our communities a better place to live. Role models mentor at-risk children. Volunteers build new homes. Families are given a second chance. Neighborhoods find hope. And millions of other projects help causes and organizations meet their missions.

A 32-year tradition, National Volunteer Week, designates a special time to recognize and celebrate the tremendous efforts of volunteers. Since its inception, presidents, mayors, and other officials have signed proclamations and have participated in this highly visible, nationwide initiative. Volunteer Centers, nonprofits, businesses, government agencies, hospitals, faith-based organizations, and schools utilize National Volunteer Week to highlight their own volunteers and support thousands of service projects in the community.



How will you celebrate volunteers? Volunteers inspire the people they help and they inspire others to serve. Now it is your turn. Step forward and inspire by example.

For more information go to:

<http://www.pointsoflight.org/programs/seasons/nvw/>.

PROCLAMATION FROM THE PRESIDENT

The strength of America lies in the hearts and souls of our citizens. Across our country, citizens are donating their time and talents to improving lives and strengthening communities. During National Volunteer Week, we recognize and celebrate those who serve a cause greater than self.

This year's theme, "Volunteers Inspire by Example," highlights the role of volunteers in encouraging others to serve. Last year, more than 63 million Americans gave their time to helping in their communities, an increase of 4 million from the prior year. Through the dedicated efforts of America's volunteers, we are building a culture of service, responsibility, and compassion, particularly among our young people.

Volunteers can make a difference in many ways -- by mentoring a child, caring for the ailing and elderly, building a playground, or caring for the environment. I created the USA Freedom Corps to help Americans find opportunities to volunteer. As I travel around our country, I am honored to meet citizens of all ages who volunteer through programs such as the Citizen Corps, AmeriCorps, Senior Corps, and the Peace Corps, as well as many other organizations. Their acts of kindness have a profound effect on people's lives and on the future of our country. To recognize those who have demonstrated a sustained commitment to volunteer service, my Council on Service and Civic Participation presents individuals, families, and groups with the President's Volunteer Service Award. This award is a tribute to those whose outstanding efforts are helping make our country a better place.

America's volunteers set a fine example for our Nation, and I encourage all Americans to look for a challenge in their communities and step forward to lend a hand.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim April 18 through April 24, 2004, as National Volunteer Week. I call on all Americans to recognize and celebrate the important work that volunteers do every day across our country. I also encourage those who have not yet answered the call to explore ways to get involved.

IN WITNESS WHEREOF, I have hereunto set my hand this sixteenth day of April, in the year of our Lord two thousand four, and of the Independence of the United States of America the two hundred and twenty-eighth.

GEORGE W. BUSH

<http://www.pointsoflight.org/programs/seasons/nvw/whitehouse>

A NOTE FROM OUR NEW STAFF MEMBER

As the newest member of the commission staff I would like to take a bit of space to introduce myself. I am a graduate of the University of Kentucky and currently live in Lexington with my husband, a big hairy dog and two very spoiled cats. In my former professional life I have been the Program Director for an after school program for at-risk middle school students; an AmeriCorps Program Director for "Getting Things Done for Kentucky's Homeless," sponsored by the Homeless and Housing Coalition of Kentucky; and most recently, the Recruitment and Training Coordinator for an agency that provides services and support for individuals with mental retardation and developmental disabilities. My time away from work is spent with my family, my bees, and doing medieval/renaissance historical re-creation. I am certainly looking forward to renewing old acquaintances and meeting new folks.

Melissa



Volunteers are not paid -- not because they are worthless, but because they are priceless.

JOIN HANDS DAY

On May 7, 2005, communities across America will come together for JOIN HANDS DAY, a national event that unites young people and adults in an effort to make their neighborhoods better. On this day, these volunteer teams will repair playground equipment, help seniors, remove trash from streets and many more projects. The possibilities are limited only by the imagination.

JOIN HANDS DAY calls upon you, and all Americans, to reach across generations and work with new friends in identifying and fixing problem conditions right where you live. If you are a young person, get involved, develop your leadership skills and help make important decisions affecting your community. If you are an adult, use your abilities to fix local problems, learn to work effectively with young people and show you care.

Sponsored by America's Fraternal Benefit Societies, in Partnership with The Points of Light Foundation and the Volunteer Center National Network.

For more information go to: <http://www.joinhandsday.org/>



NATIONAL YOUTH SERVICE DAY

National Youth Service Day is the largest service event in the world.

Millions of youth will participate in the 17th Annual National Youth Service Day on April 15-17, 2005.

The goals of National Youth Service Day are:

1. To MOBILIZE youth to identify and address the needs of their communities through service.
2. To SUPPORT youth on a life-long path of service and civic engagement.
3. To EDUCATE the public, the media, and policymakers about the year-round contributions of young people as community leaders.



On National Youth Service Day, a public awareness and education campaign that highlights the amazing contributions that young people make to their communities 365 days a year, young people will design and lead service-learning projects in areas ranging from literacy and the environment, to healthcare, hunger, and help for the elderly.

State Farm Companies Foundation is the Presenting Sponsor. National Youth Service Day is coordinated by Youth Service America, in association with the National Youth Leadership Council and in partnership with PARADE Magazine.

UNIFIED STATE PLAN

During the second half of the year we will be holding Unified State Plan forums in various locations around the state. This strategic planning forum will address how KCCVS fits in with other Kentucky organizations as well as how well KCCVS partners with these organizations. Details about these forums will be posted on our website (<http://volunteerky.ky.gov/>) as they become available and will also appear in our next edition of the newsletter.

PUBLICATION

To comment on edition, to submit a story for possible publication, or any other questions containing to publication contact The Heart Line's editor by email at: Shannon.DeLong@ky.gov



WHAT'S ON OUR CALENDAR?

FEBRUARY/MARCH/APRIL/MAY

2005

- * March 8 – International Women's Day
 - * March 20 – Spring Equinox
 - * March 25 – Good Friday
 - * March 27 – Easter
 - * April 3 – Daylight Savings Time
 - * April 15-17 – National Youth Service Day
 - * April 17-23 – National Volunteer Week
 - * April 27 – Administrative Professionals Day
 - * May 1 – Start of National Scholarship Month
 - * May 7 – Join Hands Day
 - * May 8 – Mother's Day
 - * May 30 – Memorial Day
- * Mid-Winter Training will be during the last week in March or the first week in April – Details will be online soon!

KCCVS

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NEXT ISSUE

- ◆ Unified State Plan forum details
- ◆ Governor's Awards winners as well as details from the ceremony and reception
- ◆ New mailstop information
- ◆ Mid-Winter Training
- ◆ Program Spotlight: KY-READS



Kentucky is a place where spirits are free to soar and big dreams can be fulfilled. We relish competition and cherish our champions for their willingness to push beyond conventional boundaries to reach new heights of success.



#988

THE KENTUCKY COMMISSION ON COMMUNITY
VOLUNTEERISM AND SERVICE

THE CABINET FOR HEALTH AND FAMILY SERVICES

275 EAST MAIN STREET

MAIL STOP 3W-F

FRANKFORT, KY 40621



The Commission's
web site is
<http://volunteerky.ky.gov/>